



Maple Pumpkin Pots de Crème



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



10

CALORIES



200 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 7 large egg yolks
- ☐ 1 cup heavy cream
- ☐ 0.8 cup maple syrup pure
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup solid-pack pumpkin canned
- ☐ 0.8 cup milk whole

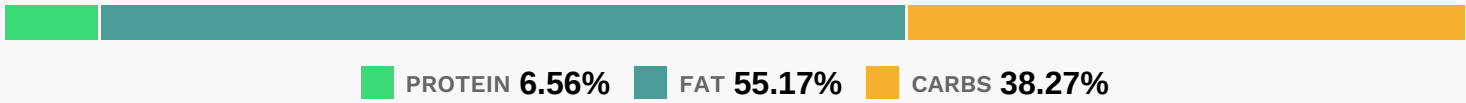
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 325°F.
- ☐ Whisk together cream, milk, syrup, and pumpkin in a heavy saucepan and bring just to a simmer over moderate heat.
- ☐ Whisk together yolks, cinnamon, nutmeg, and salt in a bowl.
- ☐ Add hot pumpkin mixture to yolks in a slow stream, whisking constantly.
- ☐ Pour custard through a fine-mesh sieve into a large measuring cup, then divide among custard cups (you may have some custard left over, depending on size of cups).
- ☐ Bake custards in a hot water bath, pan covered tightly with foil, in middle of oven until a knife inserted in center of a custard comes out clean, 35 to 40 minutes.
- ☐ Transfer custards to a rack to cool completely. Chill, covered, until cold, at least 2 hours.
- ☐ * Available at some cookware stores and Sur La Table (800-243-0852).

Nutrition Facts



Properties

Glycemic Index:14.95, Glycemic Load:6.27, Inflammation Score:-8, Nutrition Score:8.2873912660972%

Nutrients (% of daily need)

Calories: 199.97kcal (10%), Fat: 12.38g (19.04%), Saturated Fat: 6.98g (43.6%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 18.9g (6.87%), Sugar: 16.53g (18.36%), Cholesterol: 157.61mg (52.54%), Sodium: 50.96mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin A: 2457.89IU (49.16%), Manganese: 0.6mg (29.97%), Vitamin B2: 0.45mg (26.25%), Selenium: 7.78µg (11.11%), Calcium: 84.14mg (8.41%), Phosphorus: 83.1mg (8.31%), Vitamin D: 1.22µg (8.16%), Vitamin B12: 0.37µg (6.15%), Vitamin B5: 0.53mg (5.34%), Folate: 19.82µg (4.96%), Vitamin E: 0.67mg (4.45%), Potassium: 143.13mg (4.09%), Zinc: 0.6mg (3.99%), Vitamin B1: 0.05mg (3.66%), Vitamin B6: 0.07mg (3.41%), Magnesium: 12.45mg (3.11%), Iron: 0.55mg (3.08%), Vitamin K: 2.89µg (2.75%), Fiber: 0.41g (1.65%), Copper: 0.03mg (1.28%)